






Year 9 Food Technology Super Curriculum

| Read  | Do  | Find  |
|---|---|--|
| Read about a local chef, how did they train? | Interview a family or friend about their favourite foods. | Find out from an older member of the family what dishes they cooked when they were younger. |
| Research current food trends by using Good Food Magazine. | Visit the Farmers' Market in Harpenden. | Find a video of Heston cooking bacon and egg ice cream! |
| Read one of Gordon Ramsey's recipe books. What type of food does he cook? | Watch the Disney film Ratatouille and find some links for food safety in it. | Find out where the food is from in your fridge- what country is it from? |
| https://www.maryberry.co.uk/about-mary-berry/ | Cook a three course meal for your family based on the Eatwell Guide and take photos of it. | Find a food miles calendar online. Calculate how far your dinner has travelled today. |
| https://www.bbc.com/future/article/20190222-the-hidden-significance-of-what-we-eat | Enter Oaklands College Chef of the Year competition. | Find a product in the shops that is Fairtrade. Find out how the workers are supported using Fairtrade. |